



WARM MUSHROOM AND LENTIL SALAD

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

- 100g dried green lentils (270g cooked)
- 175g chestnut mushrooms
- 1 tablespoon olive oil
- 50g rocket
- 1/2 small red onion
- 75g feta cheese

Dressing

- 3 tablespoon extra virgin olive oil
- 1 tablespoon apple cider vinegar
- 1/2 teaspoon Dijon mustard

PREP TIME

- 30 minutes

METHOD

- Cook the lentils according to the packet instructions, drain and set aside.
- While the lentils are cooking slice the mushrooms, add to a pan with 1 tablespoon of olive oil and sauté over a gentle heat.
- When the mushrooms are lightly brown add the rocket until wilted.
- Add the green lentils, season with salt and pepper and add the red onion.
- To make the dressing add all the ingredients to a jam jar and shake well.
- Pour the dressing over the mushroom and lentils and stir together.
- Add to a bowl and sprinkle over the feta cheese.